

CEDARS FROSTBITE HALF-MARATHON

Saturday, February 11, 2012

CEDARS OF LEBANON STATE PARK, LEBANON, TN

Part of the 33rd Annual Tennessee State Park Running Tour

Park Location On Hwy 231, between Lebanon and Murfreesboro. From Nashville Airport take I-40 East to Lebanon (18 miles), then Hwy 231 to Park entrance (5 miles). Park info 615-443-2769.

Special runners room rate of \$56 at Sleep Inn & Suites in Lebanon. Reserve at 615-449-7005.

Room rate of \$40 at American Best Value Inn in Lebanon. Reserve at 615-449-5781.

Room rate of \$80 at Holiday Inn in Lebanon (next door). Reserve at 615-994-3225.

Pre-race Spaghetti menu at Demos, 130 Legends Dr, Lebanon (beside Wal-Mart) 615-443-4600.

Start / Finish at the Assembly Hall, 1 mile from park entrance. Race starts at 11:00 AM CST.

Course is one-loop, fairly flat, with a distance of 13.1 Miles. Water/Gatorade at 3, 7, and 10 Miles.

Course Map <http://www.runningahead.com/maps/08e968098e864e3cb7bba1732d3401ec?unit=mi>

Pre-register by using this entry form or online at www.racesonline.com for added \$2 (event ID 7151).

Race Day registration at the Assembly Hall from 9:00 to 10:45 am CT.

Long Sleeve Technical Shirt with Running Tour Logo guaranteed to all pre-registered runners.

Awards Five-year age groups from 19 and under with 3 awards in each category to 70 and over.

Special awards to the overall, master (40), grandmaster (50) and senior grandmaster (60) top finisher.

Race director: Lynda de Paulis (615-889-1306). Information at lintdp@earthlink.net

Entry Fee is \$ 19.00 with or \$ 6.00 without shirt,
payable to FROSTBITE R.C. (Race day fee \$ 13.00 without shirt)

Mail registration to: **Cedars Frostbite**
205 Woodland Court
Hermitage TN 37076

Pre-registration deadline is February 4, 2012 (received).

Cedars Frostbite Registration

Name _____ Walker: No Yes (walk start at 10 AM)

Address _____ City _____

Zip _____

Age (on race day) _____ DOB _____ Sex ____ T-shirt Size (circle) Y S M L XL 2XL No

E-mail: _____ Leave your address, results will be sent.

Entry fees are non-refundable. Awards and shirts will not be mailed.

Waiver of Liability By entering, I, for myself, my heirs, and executors waive any and all claims for damages I may have against the Road Runners Club of America, the Tennessee Department of Environment and Conservation and the Frostbite Running Club. I also release the above named for all claims of damages, due to any personal injuries, property damage, or death sustained as a result of my traveling to and from my participation in said race. I attest that I am physically fit and have sufficiently trained for the competition in the 2012 Cedars Frostbite Half-Marathon. I hereby acknowledge I have read and fully understand my own ability.

Signature _____
(Parent signature for runners under the age of 18)

Date _____